

# Waterbury Area Senior Center

## Lunch Menu

Served from 12:00 pm—1:00 pm  
THIS MENU SUBJECT TO CHANGE  
WITHOUT NOTICE

# August 2019

14 Stowe Street  
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday	Tuesday	Wednesday	Thursday	Friday
MOW receive Milk on Mondays Milk served daily at the Center	SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60		1 American Chopped Suey WW Roll Garden Salad Fruit	2 Bacon, Lettuce, and Tomato Sandwich Cottage Cheese Coleslaw Chips, Fruit
5 Sloppy Joes on Whole Wheat French Fries Coleslaw Fruit	6 Breakfast Sandwich Home Fries Yogurt Muffins	7 Spaghetti with Meat Sauce Caesar Salad WW Roll Fruit	8 Quesadilla Rice Sour cream, salsa Coleslaw Fruit	9 Grilled Cheese Ships Garden Salad Fruit
12 Chicken Nuggets French Fries Coleslaw Fruit WW Roll	13 Pancakes Home Fries Sausage Yogurt Fruit	14 Pizza Pocket Caesar Salad Fruit Cottage Cheese	15 Macaroni & Cheese with Ham California Blend WW Rolls Fruit	16 Chicken Sandwich on a Bun French Fries Coleslaw Fruit
19 Baked Ziti Whole Wheat Roll Salad Fruit	20 Waffles Sausage Roasted Potatoes Yogurt Fresh Fruit	21 Turkey Dinner Mashed Potato Squash Stuffing WW Roll Pumpkin Pie	22 Meatball Subs French Fries Garden Salad Fruit	23 Ham and Cheese Sandwich Chips Coleslaw Fruit
26 Chicken Alfredo over Pasta Coleslaw WW Rolls Fruit	27 Chipped Beef Scrambled Eggs Biscuits, Home Fries Yogurt, Fruit	28 Beef Burgundy Mashed Potatoes Green Beans WW Rolls, Fresh Fruit	29 Chicken Divan Rice, Spinach Tossed Salad, WW Roll Fruit, Cookie	30 Pulled Pork Mashed Potatoes WW Roll Coleslaw, Fruit